



# MOSAIC MENTAL HEALTH TIPS

THE OFFICIAL EAP NEWSLETTER FROM MOSAIC COUNSELING

## BURNOUT

*Don't Let It Happen To You*

**Burnout** is not something to take lightly. It can happen to anyone and applies to just about anything in life when you're emotionally, physically, and mentally exhausted. Too much of something can really wear a person down, and once you reach that point, you begin to feel its effects in unrelated tasks or activities.

While it's possible to feel burned out from doing something you love, most of us relate this feeling to what we do every day in the workplace. The term is used across all industries with experts giving their own take on how to structure your organization, your specific role, or your ever expanding list of responsibilities. Is there a one size fits all solution to this sense of "this is too much"?

Generally no, there is no one size fits all solution, because how each of us reaches the burnout stage will differ, more or less based on who we are and how we see the world.

The causes of burnout can range from lack of control at work, ill defined job expectations, bad work environments, your own emotional exhaustion, and/or a work-life balance issue. (Prasanth, 2025)



Image source: Canva

### There are signs...

The most common signs that you are experiencing burnout are swift and unwelcomed changes to your **emotions**, your **stamina**, your own **output or performance**, and your **body's health**. How you address those signs will be specific to your own situation, but experts agree on four ways to turn things around and put out that fire.

- Reestablish your boundaries in the workplace
- Reevaluate what success means to you
- Review and prioritize your own mental health
- Resolve & restore your work environment

For insights on workplace burnout and recovery, plus long-term prevention tips, check out the inspiration for this edition in Sai Prasanth M K's article from NimbleWork, linked in the QR code. \* [HTTPS://TINYURL.COM/MAR25-MMHT](https://tinyurl.com/mar25-mmht)



### Don't Ignore The Signs of Burnout

It should come as no surprise that using your Mosaic Counseling EAP can help you combat burnout—not just at work, but in any area of your life that feels overwhelming. You'll be referred to one of our over 270 master's-level panel therapists who specialize in your specific needs. In addition to their expertise, we will match you with a therapist who aligns with your preferences—whether you prefer a male or female therapist, someone older or younger, an office close to or farther from your home or workplace, and the option for in-person, telehealth, or both. Finding a therapist who meets all your criteria ensures you get the most out of your visits. Plus, you will never be re-referred, allowing you to maintain a strong, lasting bond with your matched therapist. Contact Mosaic to get started today. 🌐

(Prasanth, Sai "Why People Burnout at Work? And Proven Ways to Recover", 2025)